

St. Louis Style Vegetable "Jambalaya"

Cook time: 35 minutes

Makes: 6 Servings

Ingredients

1 1/8 cups butternut squash
3/4 cup broccoli
1/3 cup celery
3/4 cup bell pepper ((mix of red and green))
1/2 cup Turkey Sausage ((Italian, mild), pre cooked)
1/4 cup red onion
2/3 cup Carrots, unpeeled
1 1/2 tablespoons canola oil
1/4 teaspoon cayenne pepper
1/2 tablespoon garlic powder
3/4 teaspoon cumin
3/4 teaspoon Italian Seasoning Blend ((no salt added))
3 cups brown rice, cooked
1/2 teaspoon Kosher salt
1/2 teaspoon Black pepper, ground

Directions

1. Preheat oven to 425 degrees F.
2. Chop all vegetables and turkey sausage into bite sized pieces (about 1/2 inch in size). Reserve butternut squash and turkey sausage separately in two different bowls.
3. Combine all spices except the salt and pepper in a small bowl. Reserve.
4. Toss butternut squash with 1/2 Tbsp of the canola oil. Sprinkle with a very small amount of the salt (1/8 tsp). Place on a baking sheet and roast for 15 minutes.
5. Toss remaining vegetables and sausage with the

remaining oil, spice mixutre, 1/8 tsp of the salt and 1/2 tsp of black pepper. Add to the baking sheet with the butternut squash and roast for an additional 15 - 20 minutes or until all vegetables are tender but not mushy and the turkey sausage has heated through.

6. Mix all items together in a bowl. Adjust seasoning.

Portion 3/4 cup of the vegetable mixutre over 1/2 cup of the cooked brown rice. Serve immediately.

Notes

Serving Size: 3/4 cup vegetable mixture and 1/2 cup of rice